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Bangalore Mirror

TEMP Max 31 | Min 21 | Humidity 79% Partly cloudy sky Sensex 54,288 | Nifty 16,214 | Gold 50,855 | Silver 61,252 | Dollar 77.52 | Euro 82.77 | GBP 97.42

Air quality data from March 2022 shows worsening trend as compared to data collected in November 2021

AN AIR OF DESPAIR

Victoria Hospital AQI at 248, which was 71 in November 2021

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TWEETS @BangaloreMIRROR

Bengaluru's air quality has worsened over the last few months, data has revealed. Out of the ten locations where air quality was monitored by the Karnataka State Pollution Control Board (KSPCB), the Air Quality Index (AQI) values went up at seven locations.

While all the ten stations had satisfactory AQI values in November 2021, it turned out to be moderate and poor at some stations in March 2022.

For instance, the Victoria Hospital station recorded an AQI value of 71 in November 2021; it went up to 248 in March, which, as per the Central Pollution Control Board's (CPCB) standards, falls under the 'poor' category.

Similarly, the AQI value at Yeshwantpur police station almost doubled in the last four months. The other five stations that recorded higher AQI values are Graphite India at Whitefield Road, both stations at Peenya Industrial Area, The Energy and Resource Institute in Domlur and Madhavachari House located in Mahadevapura.

"While we are slowly seeing public demand for EVs, there is an acute shortage of charging infrastructure..." — Avijit Michael, executive director, Jhatkaa.org

As per CPCB specifications, while AQI value under the 'poor' category may cause breathing discomfort to people on prolonged exposure and discomfort to people with heart disease, 'moderate' category AQI may lead to breathing discomfort to people with lung diseases such as asthma and discomfort to those with heart disease, children and older adults.

According to Dr Padmavati Kulkarni, research scientist at Centre for Study of Science, Technology and Policy, (CSTEP) high AQI values during winter

CONTINUED ON PAGE 6 »

Isle of dogs

Domlur citizens demand reopening of dog park which shut as soon as it opened

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Pet parents in and around Domlur have been waiting for more than 18 months for Bruhat Bengaluru Mahanagara Palike (BBMP) to restore the dog park that was shut as soon as it was opened.

Pet lovers from Domlur spent money to reclaim the dog park in October 2020 and had succeeded in reopening it on November 1, 2020 by spending around Rs 60,000.

The then BBMP special commissioner D Randeep was the chief guest at the reopening of the dog park. CR Lakshminarayan who was Domlur ward corporator back then attended the function too. However, the dog park was shut once again on the pretext of development; but nothing was done even after one-and-half years.

"I want the BBMP to reopen the dog park after providing basic infrastructure for the benefit of the canines. I have sent a WhatsApp message to MLA NA Haris appealing to him to reopen the dog park. I am yet to receive a reply," said Sajni Satish, a pet parent from Domlur.

Vijay Anand, another pet parent from

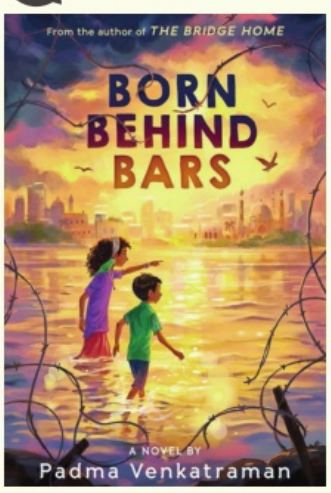
CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Pop-up time!

Unicorn Pop-Ups is organizing its first edition celebrating the women entrepreneurs of Bengaluru. On display will be specially curated, interesting niche brands which are all women-led. The categories range from womenswear, jewellery, art and crafts, food and beverages, beauty and wellness, etc.
Where: Bangalore International Centre, Domlur; When: May 28, 29; Contact: 9380942644

02 Lit talk



Renowned author Padma Venkatraman is all set to interact with young audiences about her new book Born Behind Bars. The book takes young readers through the intriguing life of nine-year-old Kabir, who has spent most of life inside the prison where he is born. During her session at the 2022 NLF Reading Challenge, the SCBWI Golden Kite Award-winning author will talk about topics like poverty, child trafficking, casteism, and racism through the gripping circumstances surrounding Kabir with a keen attention to character and plot, making for an immersive reading experience.
Where: Online When: May 27, 5:30 pm
Register: www.neevliteraturefestival.org

03 Support these artisans

Dastkar brings the most authentic experience of Indian handicrafts by bringing a confluence of more than 100 craft groups and craftpreneurs from 20+ states across India within one arena. The Bengaluru Dastkar Bazaar will offer a wide range of lifestyle accessories, silver jewellery, and adornments, metal crafts, carved furniture & decorative products, pottery & ceramics, basketry & fibre crafts, leather products, traditional paintings, a variety of hand-woven, embroidered, block printed textiles and more.
Where: Jayamahal Palace Hotel
When: May 27 – June 2, 10.30 am – 8.30 pm
Info: 9910802970/9742801793

Booster jabs for elderly, now at their doorsteps

Palike to go door-to-door to inoculate senior citizens with booster shots; State Health Department also mulling vaccinating kids in age group of 12-14

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The Bruhat Bengaluru Mahanagara Palike's (BBMP) Health Department will soon reach the doorsteps of all Bengalureans who are 60 years old and above and have not taken the covid-19 booster dose yet.

According to BBMP, this has been decided after the Centre's announcement of launching a two-month door-to-door campaign to accelerate the coverage of those vaccinated against covid-19.

"We are planning to go to individual houses to inoculate those above 60 years of age with the booster dose. While the vaccine is available free of cost for the elderly, not many have come forward to take the jab. We will call every individual above 60 and try to convince them to take the booster dose. We will then fix a time and go to their houses to vaccinate them," said Dr A S Balasundar, Chief Health Officer, Health Department, BBMP.

As of now, only 32 per cent of the city population above 60 years of age has received the covid-19 booster dose. While BBMP got the target of 9,79,374 individuals in this age group, 3,16,792 have taken the precautionary dose.

"As per scientific evidence, the antibody level starts waning off after nine months of vaccination. While there is no need to panic about the next covid-19 wave, it is advisable to get the booster dose after this period. It will not cause any harm," added Dr Balasundar.

A senior citizen gets inoculated with the booster dose

Children covered too

While preference under the door-to-door campaign will be given to those above 60, the Health Department is also looking at making use of the opportunity and covering children in the age group of 12 to 14 as well.

"While the initiative is primarily for the elderly, we will inoculate children in case we find them," said a BBMP official.

When it comes to 12-14 years of age, only 16.7 per cent of the population is fully vaccinated. While the BBMP Health Department has 2.82 lakh individuals under this age group who are yet to be inoculated, only about 47 thousand have received both doses. Around 1.8 lakh children in this age group have received their first dose.

However, when it comes to safeguarding this age group against the pandemic, experts say the need of the hour is an aggressive vaccination drive with a carefully sketched-out plan.

> **"While the vaccine is free of cost for senior citizens, not many have taken the shot yet** – Dr A S Balasundar, Chief Health Officer, BBMP

"While BBMP might be contacting schools individually and conducting on-campus drives, it is not enough. Planning has to be strategic. We already have the system in place. Palike should rope in primary health centres (PHC), hire more staff, get volunteers and accelerate the drive," said D Shashi Kumar, Secretary of the Association of Primary and Secondary Schools of Karnataka.

For instance, every PHC in the city should have just around 20-30 schools under its ambit, he added.

Such micro-level management strategy was followed against diseases such as polio, diptheria, tetanus vaccination drives and the result is out there for everyone to see, he said.

The BBMP officials say that they have received instructions from the State Government saying that all the children in the age group of 12-14 should be vaccinated at the earliest and they are planning to cover the target population before June 1.

No BA.4 or BA.5 cases in Bengaluru, yet

Omicron sub-variants first reported in South Africa earlier this year; now in other countries too

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Folks, you can breathe easy as the Bruhat Bengaluru Mahanagara Palike (BBMP) has clarified that no BA.4 and BA.5 cases have been found in Bengaluru, yet.

BA.4 and BA.5 are sub-variants of the extremely transmissible Omicron variant of the virus. In terms of symptoms, they are said to be more infectious that the previous sub-lineages. They were first reported in South Africa earlier in the year and are now being reported in several other countries as well.

As of now in the state, 80.6 per cent of the cases belong to BA.2 and 17.6 per cent are BA1.1.529 variants.

BBMP's Special Commissioner (Administration) Rangappa said, "After a brief drop, the Test Positivity Rate (TPR) is once again rising. Currently, we are seeing 120 to 140 cases on an average per day. The TPR which was 0.9 per cent earlier has now risen to 1.9 per cent.

"However, there is nothing to worry as there are no critical cases. We are also conducting genomic sequencing on a regular basis but have not seen any significant change. Even cough and cold cases are being tested."

A health worker collects swab samples for testing in B'luru

In India, BA.4 variants have been found in patients from Telangana and Tamil Nadu. This variant along with BA.5 is identified for a recent surge in Covid cases in South Africa.

Karnataka on Monday reported 107 fresh cases including 100 in Bengaluru without any casualties. The case numbers dropped as compared to Sunday due to low testing.

Mysuru (three), Ballari (two), Chitradurga and Udupi reported one each. The TPR stood at 1.09 per cent while the weekly positivity rate was 0.77 per cent and this shows that the cases have started to rise this week.

Who's who of G-category

Committee raps BDA for failure in submitting land records of those who availed sites under G category

Seventy-nine allottees including playback singer KJ Yesudas, Lara Dutta and Mahesh Bhupathi are yet to appear before the committee to submit documents for allotment of BDA sites under G category

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It seems there is no end to the controversy over allotment of sites under G category at the layouts developed by Bengaluru Development Authority (BDA) even after more than a decade. The state government allotted sites at well-known and well-developed BDA layouts to people under various categories such as those disposed by way of auction, sports persons, those who excel in fields of arts, science, literature, education, medicine and public administration, for ex-servicemen and for the dependents of government servants who die in the line of action.

However, the allotment of G category sites continues to draw flak from public and social activists due to nepotism and corruption.

The latest issue is the BDA's failure in submitting the land records of those who availed sites from the BDA under G category.

"The present address of the allottees who have left the address furnished to the BDA at the time of allotment of the site and further the particulars of the LRs of some of the allottees who are reported to be dead and their present address and also of the allottees who have sold the sites allotted to them, could not be secured by the Committee in spite of several efforts made with the BDA," said B Shivalinge Gowda, Secretary, Justice DV Shylendra Kumar Inquiry Committee in an advertisement.

It is stated that 79 allottees including well-known playback singer KJ Yesudas who got allotment of a 50x80 site at OMBR Layout, Miss Lara Dutta who got allotted a 50x80 site at HBR Layout, and Mahesh Bhupathi who got a 50x80 site at Binnamangala 2nd Stage, are yet to appear before Justice DV Shylendra Kumar Inquiry Committee to submit documents in support of their entitlement for allotment of sites under G category of the BDA (allotment of sites) Rules, 1984.

The list of allottees include a few politicians and retired army personnel.

The inquiry committee has stated that the BDA has to furnish better status report and encumbrance certificate (EC) regarding to the site allotted to playback singer KJ Yesudas while the BDA has to state as to whether allotment of site was made to Mahesh Bhupathi under G category or sports quota.

It is stated that seven of the allottees are no more and their legal heirs are yet to appear before the inquiry committee. Among them, the legal heirs of playback singer late PB Srinivas, are yet to produce the documents to the inquiry committee.

> **"I hope the present inquiry committee will probe the irregularities in allotment of sites and help genuine and qualified allottees**
>
> –Sai Datta, social activist

The state government had allotted a site measuring 50x59 sqft under G category at OMBR Layout. According to the inquiry committee, 21 allottees sold sites and the purchasers are yet to submit the relevant documents.

"The allottees, LR's, purchasers or their successors in interest have to appear before Justice DV Shylendra Kumar Inquiry Committee situated on 5th Floor, Cauvery Bhavan, Karnataka Housing Board Complex, KG Road within 30 days from the date of publication of this notice, either in person or through an authorized agent including an advocate to furnish information if any, in support of the entitlement of the allottee for allotment under general category by means of a notarized affidavit (in four sets), failing which it will be presumed that they have no information to furnish and the matters noted in the schedule will be dealt with in their absence and in accordance with law, on the basis of the records made available by the BDA," said Gowda.

Appreciating the measures taken by the Committee, Sai Datta, a social activist has said that Justice Shylendra Kuamr is known for integrity and honesty. "The authorities constituted a few committees to inquiry into alleged irregularities in allotment of sites under the G category. I hope the present inquiry committee will probe the irregularities in allotment of sites and help genuine and qualified allottees," said Sai Datta.

Man feeding strays attacked, robbed

Animal activist says he was attacked with a knife by stranger seeking help

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A 31-year-old animal welfare volunteer who went to feed stray dogs in the night in Vijaya Bank Colony in Horamavuwas assaulted and his scooter was robbed from him at knife point.

The victim Tarun Agarwal, a resident of Horamavu, in his complaint to the cops stated that he had gone to a spot near his house, close to an HDFC ATM and had parked his scooter.

It had rained heavily that night and around 1 am, a man in his late late twenties approached the victim and said that he needed help to fill petrol in his bike.

"He begged me to help him, and even though I refused initially, I asked him where his bike was parked. The man walked towards his bike and all of a sudden, took out a dagger from his

> **Stranger comes to victim claiming he needed help to get fuel for his scooter**

scooter under the seat and started to attack me," said Agarwal.

The victim tried to avoid him but he sustained injuries to his face. His left eyebrow was hurt and it started bleeding.

"By then he grabbed my scooter and rode off on it even though I resisted and tried to stop him," he said. Agarwal lost his scooter, two smartphones, house keys, dog medicines and ATM card.

The entire incident was caught on CCTV and he was able to retrieve the footage the following afternoon from the residents staying nearby.

He then approached the Ramamurthynagar police who have registered a case of extortion by putting a person in fear of death or grievous hurt and the police are investigating further.

FAKE NEWS BUSTER MIRROR

FREE AIRLINE TICKET SCHEME WAS JUST A SCAM FOLKS

THE CLAIMS

Southwest Airlines is giving away free tickets on a Facebook page named "Southwest Air Fans" in celebration of the company's 69th or 86th anniversary.

SO, WHAT'S THE TRUTH?

According to a Snopes Fact check, The rumour that Southwest Airlines was holding a "69th anniversary" or "86th anniversary" giveaway for free tickets on a Facebook page named "Southwest Air Fans" was a scam. The page had no affiliation with the company. This was nothing more than the latest free airline tickets giveaway scam on social media, which we have covered numerous times before. Further, Southwest Airlines is years short of reaching its 69th or 86th anniversary. On the official Facebook page for Southwest Airlines, the company put out a "scam alert" statement about the fake scheme.

BUST FAKE NEWS WITH MIRROR

9591233247

Let's separate the news from the noise, Bengaluru. Tell us about that incredible-sounding story/news/alert that you've received on WhatsApp or social media and Bangalore Mirror researchers and editors will see if it checks out. If it doesn't, we'll call it out

TOPCOMMENTS

Cable menace is something engineers can't handle now

Our story 'Can & Able: This glass is certainly half empty has got a few responses. **A user titled OO** writes on the Bangalore Mirror website, This is what you get when you get so called "executive engineers". None of these are capable of even hammering a nail into a piece of wood. A reader Justin writes, the condition of trees laden by these cables is just heart-wrenching. Why should the private internet providers be allowed to use the trees which are so to speak on the public property? In the first place if such a thing is allowed, then how many cables can we remove anyway? A reader Chandra writes it is surprising that the BBMP wants to just be seen as doing something rather than actually doing something.

WEBHITS

3 most-read articles on the Mirror site

- Bengaluru to Mount Everest
- Stipend hope dawns for MBBS interns
- The mark of zero

RWA's pledge to fix a cable conundrum

Brookfield residents' association decides to fix issue of poorly laid, underground BESCOM cables that causes road to be always dug up

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Sick and tired of civic authorities turning up every few months to fix haphazardly laid underground cables, a residents' association in Brookfield has decided to take matters in their own hands and find a permanent solution to the problem.

With regular movement of vehicles and the cables placed underground, there is a risk of the wires being damaged. However, the residents pointed out that when the cables are laid, it should be places at least one metre below the ground; however, they are being laid haphazardly just two inches below the road.

As a result, residents pointed out that BESCOM cables do not last long as the same situation happened months ago and now again, as the cables did not last even half a year.

Arvind Keerthi, a resident of Brookefield Layout, said, "All the cables in this area have been laid like this and repetitive digging damages the roads. The cables have to be laid one metre below the road but instead, it's been laid only two inches below the road surface. We have a five-metre stretch of underground cables laid like this."

To make matters worse, lack of accountability is another problem. Another resident complained that there was zero accountability and the department would just come and dig up the road, anywhere, anytime.

"This road is maintained by the residents themselves and nobody can come and damage the roads. Many vehicles pass by and it can damage the cables easily. A standard way of laying roads is to place ducts below for all the water pipelines and even electric cables."

"We are coming up with a structural design which will have a slab so that the vehicles do not damage the cables and it will be strong enough to take the vehicular load. We will fund it and avoid any more work; it will also be water-proof. We are trying to fix all the mistakes by the city agencies in our area. This is basically lack of interest in doing quality work," added Keerthi.

Residents complain that the road is dug up every few months

> **"We'll build a slab where the vehicles do not damage the cables; it will be water-proof too**
> –Arvind Keerthi, a resident

This is not the first time that the Brookfield Layout residents' association have been taking care of their locality. From constructing culverts, clearing drains, maintenance of roads, creating even footpaths with bollards and more, now, they are planning to rectify the issue of cable being laid haphazardly by themselves.

The association, that has 16-20 apartment complexes with around 1,500 residents, was formed in 2014. The group pools in money with each apartment contributing to Rs 100-200. They collect around Rs 50,000 each month which goes towards maintenance of the locality. They rope in staff to clean roads and even clear drains in the locality twice a day.

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E-TENDER NOTICE

On behalf of the President of India, Online Item rate tenders are invited through e-tendering for the following works:

Sl. No.	Title of work and NIT no.	Estimated Cost put to tender (Rs. in lakhs)	Period of Completion	Period during which the tender document can be downloaded	Due date & time of submission	Date of tender opening	Earnest Money Deposit (EMD)
1	Maintenance contract for operation & maintenance of Civil, PH, Electrical, AC, Horticulture & Housekeeping works for one year in TF, HSFC building at Marathahalli, Bengaluru **HFSC/CMG/MM/C/30/2022-23 & Dated: 23.05.2022**	61.64	12 Months	24.05.2022 (11.00 hrs) to 31.05.2022 (23.58 hrs)	01.06.2022 upto 23.00 hrs	02.06.2022 upto 11.30 hrs	1,23,280/-

Tender documents can be downloaded from website **www.tenderwizard.com/ISRO** by registering with tender wizard and paying tender processing fee. The procedure for vender registration is displayed in the above website.

Interested tenderers may please refer Detailed Notice Inviting Tender (NIT) from website **www.isro.gov.in** for further details and Purchase of tender documents visit **www.tenderwizard.com/ISRO**. Tenderers may contact Mr. Thanraj (representative from M/s. ITI Ltd) at Mob. No. 9686115308 in case of difficulty.

Sd/- Group Director, CMG, HSFC

Caution for monkeypox

Private hospitals in the city have been asked to be on high alert and report if they come across any cases of monkeypox, BBMP Special Commissioner (Administration) Rangappa said.

Monkeypox is an infectious disease that is usually mild, and is endemic in parts of west and central Africa.

"Available information suggests that human-to-human transmission is occurring among people in close physical contact with cases who are symptomatic," WHO stated.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Road, blocked
Victoria Layout

it is difficult to walk on Palmgrove Road, Victoria Layout, with stones blocking the pathway next to KEB Power Station. No action is taken even after several complaints to the BBMP engineer. It is very inconvenient for people to travel by car or two-wheelers.

Wasted
Jayanagar

9th Main Road opposite Bank of Baroda in Jayanagar's 5th block is full of waste wood etc and ruins the aesthetic appeal of the otherwise beautiful road. BBMP must clear the stretch at the earliest.

A dirty place
Sarakki Main Road

This is the state of Sarakki Main Road just next to JP Nagar Metro Station. Despite constantly complaining to Palike, no measures have been taken.

7 months on, no maternity home for the poor here

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In October 2021, a maternity home in Varthur was abruptly displaced. As the state health department wanted to shift a Primary Health Centre (PHC) from a dilapidated building, the maternity home was picked as the alternate venue. Pregnant women from economically weaker families were rendered with no place to go. At the time, the health department officials were to rent a building to relocate the PHC and reopen the maternity home within a few weeks. Seven months later, a building has still not been found to house the PHC.

"We have been advising pregnant women to visit either private or government maternity homes 5-6 km away from here. As of now, we are treating out patients," said Dr Sahana working at the OPD.

The decision to shift the PHC was taken as its building was on the verge of collapse. When this correspondent visited the spot, the building where the PHC used to function remained shut and not many patients were seen at the Maternity Home building.

"There is nothing to celebrate about the condition of this building. The RO unit is not working so all have to bring water from home. This building is also in a poor condition. We get uninvited visitors – snakes – during the day. Earlier, we used to work round the clock but now we close by evening," said a nurse pleading anonymity. She said that around 20 or 30 patients visit the PHC every day as against 60 to 70 patients earlier.

This is the condition of the OPD in the adjacent building

According to residents and social activists, the state government allocated Rs 1.10 crore for the construction of the hospital building eight years ago but the work is yet to start due to petty politics. "I convinced the health department to sanction funds to build a hospital building but a few politicians succeeded in cancelling it. Finally, the funds were utilised for the a hospital building near Yelahanka," said Dr Krishnappa, who worked at the hospital three years ago.

Vasudev P, a resident and former member of Varthur Gram Panchayat, said many women from poor families are the worst affected. "There was an attempt to construct a new building for the hospital here but it was cancelled due to some misunderstanding of the elected representative. The condition of the roads is not suitable for pregnant women to go in auto rickshaws to the government hospitals away from Varthur," said Vasudev.

Jagadeesh Reddy of Varthur Rising demanded the health department make arrangements to reopen the maternity home soon. "The existing building from where the PHC is relocated is not in a good condition. It is a 50-year-old building. Officials must do all it takes for the benefit of poor and lower-middle class families in and around Varthur," said Reddy.

Victim of man who allegedly met women on dating, matrimonial sites to later rape them goes to police. Turns out she is one of many

DATE CRIME

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At least 20 women active on dating and matrimonial apps have come together and identified an alleged sexual predator in Horamavu. The man is accused of first interacting with his victims on social media to get close to them and their family members, and then invite them to his three-bedroomed house in Horamavu, where he allegedly sexually assaults them, all the while saying he would get married to them.

On Friday, a 33-year-old IT employee approached the Hennur police and filed a complaint of sexual assault against Mithun M Aiyappa, a software professional with a reputed firm. The police have registered a case under sections of IPC 376 - sexual assault, 506 criminal intimidation and 417 - cheating and are investigating the matter.

When the woman came to file a complaint, the police showed her a similar postal complaint that had reached them on Friday morning from a woman in Delhi alleging a similar sexual assault by the same person in Bengaluru.

Richita (name changed) narrated her ordeal to Bangalore Mirror at the Hennur police station on Friday. She said she had met Mithun on a dating app. They exchanged their Whatsapp numbers and started chatting. She said it was only later she came to know that he would send the exact same messages to all the women he interacted with. She said after they became close he asked about her family members and even visited her parents on the pretext of talking about their marriage.

He then invited her over to his place. On January 23, they met for a coffee and then she went over to his house in an apartment complex in Horamavu. "He had loud music in the house. He took my jacket, bag and phones from me to put them away in a room near the living room. He then took me on a tour of the house. One of the bedrooms is converted into a home office," Richita said. She said he pounced on her when they were in the other bedroom and sexually assaulted her. "I sustained injuries to my head, hands, legs and body. I kept resisting, but he said he would marry me," she said. She added that he did not allow her to leave after and coaxed her to stay and assaulted her again. "Before leaving the house, he forced me to take a shower," Richita said Richita had to undergo treatment at NIMHANS along with several sessions of counselling and psychiatric consultations and medications to come out of her horrendous ordeal, after which, she approached the police.

"Mithun claimed to be working as a software professional for a reputed firm and he is active on dating and matrimonial sites. He was arrested on Sunday and remanded to judicial custody

A complaint on a matrimonial website shows that another woman too has been assaulted by the culprit in an exact same manner. "With his charming personality and talks, he lures women in the name of marriage. He promises marriage, has sex with them by giving them marriage commitment. He has been doing this with multiple women," stated the woman's complaint on the grievance page of the portal. Richita read this post and realised this had been happening to other women too. After this post, at least 20 women on several dating and matrimonial apps got in touch with each other and formed a group, tagging him.

"Mithun claimed to be working as a software professional for a reputed firm and he is active on dating and matrimonial sites. He was arrested on Sunday," said the investigating officer who also added that his phone has been seized. "The other victims are being contacted by the Hennur police who are trying to record statements of their harrowing experiences. The complainant's statement has been recorded," said Bhimashankar Guled, Deputy Commissioner of Police East Division. According to the police Mithun is a native of Coorg and he has confessed his crime. One of his victims found out from his social media profile that he is married.

House owner rapes student tenant

A house owner was arrested on the charge of raping a student (his tenant) by threatening her with a pistol here, police said on Monday. Anil Ravishankar Prasad from Bihar has been arrested. The victim, who hailed from West Bengal, was staying in a rented accommodation since March and studied in a private college. The accused, who is into tile business, often objected to the victim's friends visiting her, leading to frequent arguments between the two.

One day, Prasad noticed that a male friend of the girl had stayed the night and locked his bike. He then sent the boy away threatening to lodge a police case against him. The girl warned him that she would complain about him to her parents. The accused, who had gone to her house on the pretext of discussing the issue, took out a pistol he was carrying and placed it on her head. He then assaulted her sexually on April 11. The victim finally opened up about the incident with her parents recently. The parents, who had come down from Bengal, lodged a complaint with Ashoknagar police on Sunday. **IANS**

Padayatra during covid curbs: Court to hear case against Cong leaders

A city magistrate court on Tuesday will hear a case against 27 state Congress leaders, including Karnataka Pradesh Congress Committee (KPCC) president D K Shivakumar and former chief minister Siddaramaiah, who are charged under various sections of the Epidemic Diseases Act for taking out a 'padayatra' during COVID-19 restrictions. The case was filed against them by the Ramanagara Rural police on March 17 this year after they undertook a 'padayatra' demanding construction of a dam across Cauvery river at Mekedatu.

The state government had imposed restrictions during the period fearing the third wave of COVID-19 outbreak.

The 42nd Additional Chief Metropolitan Magistrate has issued summons to all the 29 accused. **PTI**

Something in the air

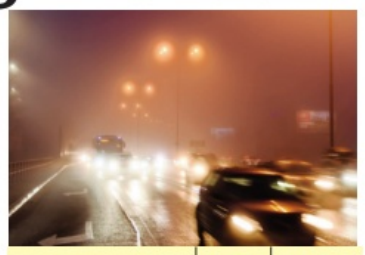
CONTINUED FROM PAGE 1

are a common phenomenon.

"The lower values of AQI during November 2021 can be due to the higher precipitation across Bengaluru. Meteorological conditions play a crucial role in air quality levels along with the sources. For example, during winter months, meteorological conditions such as low wind speeds, shallow boundary layer height and less precipitation increase the pollution levels," said Dr Kulkarni, adding that measures should be taken to reduce the level as PM 2.5 is very hazardous to health. Particles less than 2.5 microns in size enter our lungs when we inhale this polluted air. It will be problematic for the elderly and those with respiratory issues such as asthma.

Experts said while there was a bit of a dip in air pollution because of on and off lockdowns, this shift in AQI values may be as a result of lockdowns having tapered off and more people coming out.

While the transportation sector accounts for the major share of the air quality degradation in Bengaluru, other pollution sources include road dust, burning of waste, emissions from diesel generator (DG) sets and construction dust.



Monitoring Station	AQI Value (Nov-21)	AQI Value (Mar-22)
Graphite India, ITPL Whitefield Road	85	117
Ace Designers Limited, Peenya Industrial Area	68	84
Victoria Hospital, New Tharagupet	71	248
Yeshwantpur Police Station, Mahalakshmi Layout	100	189
The Energy and Resources Institute, Domlur II Stage	59	61
Madhavachari House, Mahadevapura	74	106
Urban Eco Park, ORR, Peenya Industrial Area	84	103

"Around 70-80% of the city's air pollution comes from a handful of sources such as transport, waste burning, dust and diesel generator sets, with transport being the single largest source. We should ensure electrification of vehicles, and accelerate the process. While we are slowly seeing public demand for EVs starting to pick up, there is an acute shortage of charging infrastructure acting as the biggest deterrent for people to make the shift. Dust is another factor, which originates from bad planning of infrastructure projects," said Avijit Michael, executive director, Jhatkaa.org.

Air quality experts also believe citizen engagement can play a crucial role in controlling air pollution in the city.

"More public awareness programmes towards the use of public transport, carpooling, minimal usage of personal vehicles and vehicle maintenance will critically help to improve the air quality. Another solution is promoting shared electric vehicles alongside extensive drives towards identifying polluting vehicles and initiating strict compliances," added Dr Kulkarni.

A space for dogs

CONTINUED FROM PAGE 1

Domlur, expressed a similar opinion. He said dogs or animals also need space like how humans need space to spend leisure time.

"Domlur badly needs the dog park. We made arrangements to reopen the dog park by spending our own money in November 2020 but the dog park was closed within a few days by the BBMP authorities. I want them to reopen the dog park as early as possible for the benefit of dogs in and around Domlur," said Anand.

According to pet parents, the dog park was initially established at a vacant space near CPWD Residential Quarters in 2017 but the then Domlur ward corporator Lakshminarayan advised them to shift the dog park to the vacant space near the Open Air Theatre (behind the BMTC Bus Stop). It was said the vacant space was filled with all types of waste and it was a favourite haunt for drunkards.

"The place was full of debris, garbage and empty liquor bottles. We cleared all the debris and garbage and converted it into a dog park by June 2018. The BBMP shut the dog park within one year on the pretext of developing it," said a pet parent pleading anonymity.

The then BBMP Special Commissioner D Randeep and others at the Dog Park inaugural function held on November 1, 2020.

He said the BBMP or the elected representatives did nothing to reopen it even after a year. "Finally, we decided to spend money on our own and reopen the dog park. So, it was opened on November 1, 2020 but again it was shut down," he said, adding that the corporator had even claimed to have the BBMP council's approval to develop the dog park.

Once again, after 18 months, the pet parents are expecting the BBMP to meet their long-pending demand — reopening of the dog park.

"The work on Domlur Dog Park will commence soon," said Domlur ward former corporator Lakshminarayan.

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CHANGE OF NAME

I Geeta Guruadappa Bagewadi, W/O Gurupadappa Shivalingappa Bagewadi Residing at #A 101, Ramky one North, Doddaballapur rd, Avalahalli, Yelahanka, Singa nayakanahalli, Bengaluru-64 have changed my name to GEETA GURUPADAPPA BAGEWADI vide affidavit dated 25/05/2022 Sworn Before Notary L.B. Anasuyamma

I Saraswati Yeety W/O, Murali Manohar Yeety R/o 132,2nd Main, 1st Stage, Hmt Layout, Vidyaranyapura, Bangalore-560097 have changed my name to Saraswathy Yeety

I, VARSHA PATIL W/o Venkatesh Prakashrao Patil, residing at No. 207, 'PROMINENT EAST WINDS' Kumbena Agrahara, Belthur, Kadugodi post, Bengaluru-560067 have changed my name to VARSHA VENKATESH PATIL vide affidavit 21.05.2022 sworn before notary Y.V Shankar, Bangalore-560032

I, RYAN HARSHITH S/o S.Gnana Prakash R/o C-1102, Arge Helios, Gubbi Cross, Next to Biozeen, Hennur Bagalur Main Road, Kothanur, Bengaluru 560077 have changed my name to RYAN HARSHITH SALDANHA affidavit date 23/05/2022 sworn before notary K.V Mani, Bengaluru.

I, PADMAVATHI MOHAN W/o Chilmathur Ram Mohan residing at No.4, Ground Floor, Elegant Residency, 22nd A Main, Padmanabhan agar, Bsk 2nd Stage, Bangalore 560070 have changed my name to PADMAA vide affidavit dated 04.05.2022 sworn before notary B V Nagabhushana, Bangalore.

I, DAYALA LALITHA MANOHARAM, R/a NO 002, Wing C Samhita Sarovar, Horamavu Agara Road, Horamavu PO,Bangalore 560043. I Have Changed my Name to LALITHA NAGATHOTA. Vide affidavit dated 23-05-22. Sworn Before Notary B. Sheshagiri B'lore.

I GEETHA BHATT D/o. HARINAND BHAT, R/o NO 323, 8th cross, Near B E M L Quarters, Shivananda Nagar, New Thippasandra Post, Bangalore-560075, have changed my name from KUMARI GEETHA AKKISETTI to GEETHA BHATT for all future purposes.

I Harsha Pai Umesh, R/o No.406, 2nd Main,2nd Cross, Chandrashekaran Block, BEML Layout, Rajarajeshwari Nagar,Bangalore-98, have changed my name to Harsha Shetty, vide affidavit dated 23-05-2022 before notary B.Rajashekhara, Bangalore

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I, SYEDA ZUHA ABDUL RAHMAN W/o Syed Shahabuddin S.R R/a No.5, 3rd Cross, Vivekananda Colony, Umar Bagh Layout, JP Nagar, Bangalore-560078 have changed my name to SYEDDA ZUHA RAHMAN affidavit dated 23.05.2022 notary R. Basavaraja, B.lore

I, S. Sanyal, S/o S. Santhosh Kumar, R/o No.20, 3rd Cross, MM Garden, Guniagrahara, Bengaluru-560089, have changed my name to S. Siddarth

I ROHINY SINGH D/o. SHYAM SINGH, R/o Flat No 2/682, M.M. Nagar, 3rd Cross, Mookandapalli Post, Sipcot, Hosur-635126, have changed my name from ROHINY RATHINAM to ROHINY SINGH for all future purposes.

I, Pramod Kumar P residing at No.134/3, 47th Cross, 3rd Block, Rajajinagar, Bangalore-560010 have changed our minor son's name from AYAAN P to ARNAV P JAIN vide affidavit dated 23.05.2022 sworn before notary Onkarappa N.R, B.lore.

I, George Kalampadan Varghese S/o Ouseph Varkey, R/o No F-203 , Ajmera Stone Park, Bengaluru ,560100 has changed my name to George Kalampadan Varkey for all future purposes.

I, SHANIL MIRZABABU R/a 11, 2nd Main Road, 27th Cross, 7th Block, Jayanagar, Bangalore 560082. I Have Changed my Name to SHANIL MIRZA . Vide affidavit dated 23-05-22. Sworn Before Notary B. Sheshagiri B'lore.

I, SAMIULLA S/o Para Jan R/a No.19, 3rd Cross, 1st Main, Vivekananda Colony, Kanakapura main road, Banashankari, Bangalore-560078 have changed my name to MOHAMMED SAMIULLA affidavit dated 23.05.2022 notary R. Basavaraja, B.lore.

I, DHANALAKSHMI .R W/o Ramachandra N.S R/o No.111, 2nd cross, KSRTC Layout, Vishwaneedam Post, Bengaluru 560091 have changed my name to RANI S.R affidavit Dt.23/05/2022 notary H.R Karunakara, B'luru.

I, Mariyam Khatoon W/O, Muqimuddin Mumtaz R/o No46. Masjid E Qadar. Khuddus Bldg. Tumkur Road. Yeshwanthpur have changed my name to Mariyam Joohi for all purposes.

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Flood-hit slum-dwellers out of scope of relief?

Majority of applications kept out of relief fund list for unspecific reasons

Garima Prasher
c-garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

While the BBMP revenue department has completed the survey of flood-hit families in the city, the fate of many slum dwellers hangs in balance. The majority of the applications of the flood-hit residents from various slum pockets in the city have been kept out of the relief fund list.

The department was tasked to identify and survey the houses which had suffered damage due to recent rain spells in the city.

At the Narsimaiah Colony Slum, while as many as 248 families were impacted and had applied for the relief fund, residents alleged that only 58 applications have been approved by the Palike. Out of these, while 50 have received the confirmation message, eight are still waiting.

Residents say, there are many gaps in the process, and they have now decided to follow up further at the ward level.

"As many as 198 applications have been rejected from our locality. We reached out to the BBMP officials for clarification. They said our applications were rejected as we did not submit all the required documents. However, many who had not submitted all the documents have got the approval. For eight of the accepted applications, the officers have asked to wait as it is being done manually," said Ramanamma, a resident of Narsimaiah Colony Slum.

City | BangaloreMirror
When tech holds up relief

BM had on May 21 reported that victims were asked to sent GPS-tagged images to officials to avail of relief funds

Many localities went down under after the recent heavy rain

According to the BBMP revenue department, Aadhar card, BPL, ration card, bank passbook copies and GPS tagged pictures were required for every application being submitted for the relief fund. At Nagamma slum locality in Cottonpete, as many as 48 applications were submitted for the relief fund. While 22 have been accepted, 26 applications are rejected.

Token message

While many of the approved applicants have now received the token message, residents are apprehensive about receiving the fund based on their experience. "This is not the first time that we have applied for the relief fund as our houses flood multiple times during the monsoon season. We applied for the fund in February this year after the rains flooded our locality in January. We submitted the documents and got approval for the fund, which was followed up by the transfer of a token amount of Rs 1. But, the final relief fund was got transferred. We reached out to the officials then, but to no avail. We are worried it will get repeated," said Manjula R, another flood-affected resident.

According to the revenue department, many applications have not made it to the final list as of now, but a decision will be taken by senior officials soon. "Those who could not give all documents have been kept out of the list as of now.

From our end we submitted these applications, they are not part of compensation list. A final decision will be taken in two-three days," said an official.

696 encroachments of Rajakaluve

BBMP's Special Commissioner (Administration) RangappaRangappa said there are 2,626 cases of Rajakaluve encroachment in Bengaluru. Out of this, 696 are pending. He said one of the main reasons for not removing encroachment of Rajakaluve was due to cases pending in various courts. Earlier, the desilting of Rajakaluve was delayed as only one company was given contract. Now, it has been decided to give contracts to multiple companies zone wise for quick work. The silt of Rajakalaluve is being dumped in Bellahalli quarry.

Man tries to climb dam face, falls 30 feet

A youth, who tried to indulge in adventure by trying to climb a dam face in Chikkaballapur, fell after ascending just 30 feet, as per a video going viral on social media on Monday, and was seriously injured.

The incident had taken place at the Srinivasa Sagar dam located near Chikkaballapur city recently.

In the video, the youth is seen climbing the dam even as water is overflowing from it. He had climbed up 30 feet amid cheers from his friends, but then suddenly lost his balance and fell off, shocking everyone. The video shows the youth collapsing after the fall. He had been shifted to hospital and his condition is said to be serious. Tourists are flocking the Srinivasa Sagar dam which is overflowing following incessant rains. Police have registered the case in this regard, and district authorities have tightened security at the spot. – IANS

More relief from HC to Xiaomi India

The Karnataka High Court on Monday extended the stay on the Enforcement Directorate's (ED) order of freezing Rs 5,551 crore in the bank accounts of Xiaomi India. Justice S G Pandit extended the stay till June 1, with the hearing of the case posted to that day. The ED froze Xiaomi's accounts on April 29 alleging that it has violated the Foreign Exchange Management Act by illegally transferring money abroad to three companies under the guise of royalty payments. In an interim order on May 5, a bench of the HC stayed this order. – PTI

Had we known, we would have got them married: Bereaved family members

Man, woman were in love, but were 'too scared to face world'

The parents and relatives of the young couple, whose charred bodies were found in a car in Udupi district, have said that they would have allowed them to get married had they known about their plans.

The bodies of 23-year-old Yashwanth Yadav V and Jyothi M were found in the wee hours of Sunday. The couple had married before taking the extreme step and while sitting in the backseat of the rented car had set themselves afire after pouring petrol.

Police said that the charred bodies were found locked in an embrace. After the incident the parents of Yashwanth Yadav and Jyothi maintained that they did not know about the young man and woman's love affair.

They maintained that, if they had known they would have got them married. They blamed their children for not being able to face the world after falling in love.

Police said that the couple had taken the extreme step after finishing all the money they had brought with them.

The girl was a BCom graduate, but she was very sensitive and had a fearful personality, said her relative Seenappa.

Yashwanth Rao, the father of the man who ended his life, stated that he would never have believe that his son could commit suicide. "He is innocent. He had sent an SMS message apologising for causing suffering and pain to parents. He had also stated in the message that he can't live alone and he is taking a bad decision", said his father.

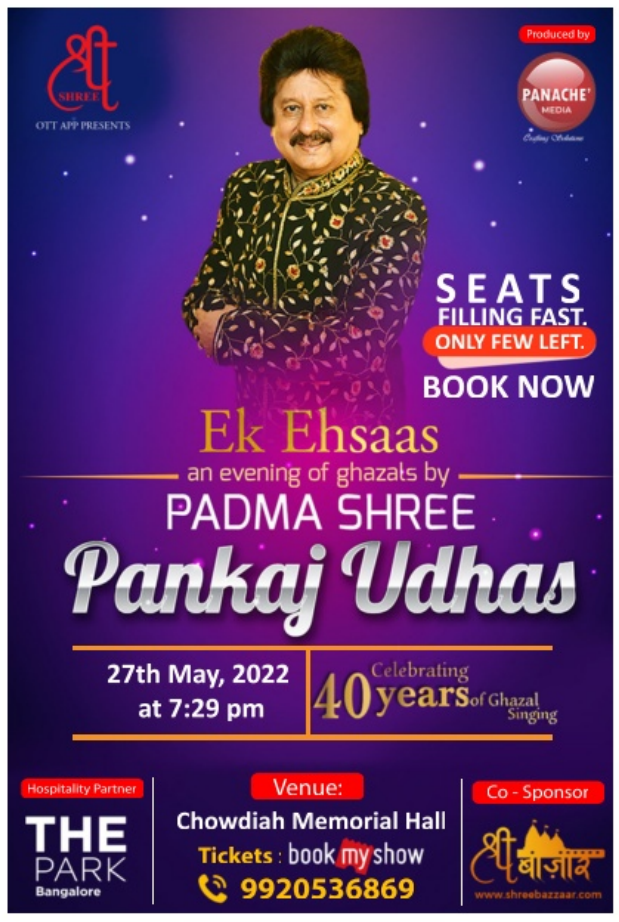
Rao said that no one in his family knew about the woman. "Had he opened up about his love affair, his marriage could have been arranged, and he should have called before taking this step."

The couple had left their respective houses on May 18. Jyothi had told her parents that she would attend an interview and Yashwanth had informed his parents that he would go out to attend his classes. Police are investigating the case. – IANS

Lulu Group to invest ₹2,000 cr in Karnataka

Lulu Group, the largest retailer in the Middle East, on Monday signed a memorandum of understanding (MoU) to invest Rs 2,000 crore in setting up four shopping malls and hypermarkets and food processing units for agricultural exports in Karnataka. Karnataka's Additional Chief Secretary (Industries) EV Ramana Reddy and Lulu Group director AV Ananth signed the agreement on the sidelines of the World Economic Forum at Davos. The agreement was signed in the presence of Karnataka Chief Minister Basavaraj Bommai and Lulu Group Chairman MA Yusuff Ali.

The Lulu Group has come forward to invest Rs 2,000 crore in Karnataka. The company intends to open four shopping malls and hypermarkets. It is also keen to establish export-oriented food units in the state. The projects are expected to create employment opportunities for 10,000 persons, according to an official statement. – ANI



 # New Lt-Governor for Delhi
Vinai Kumar Saxena was appointed the Lieutenant Governor of Delhi on Monday

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Rains, thunderstorm cool down capital

After days of heat, min temperature in Delhi, at nine notches lower than is normal, was lowest since May 2004

#NEW DELHI

Even when the surface temperature dipped 11 notches due to the thunderstorm and rainfall on Monday morning in the National Capital Region, bringing much needed respite from the scorching heat, the minimum temperature, at nine notches lower than normal in Delhi, was the lowest since May 2004.

India Meteorological Department (IMD) records showed 12.3 mm rainfall at Safdarjung and 27.6 mm for Palam for 24 hours ending at 8.30 a.m. with all of it between 5.30 a.m. and 8.30 a.m.

Other main stations in Delhi - Lodhi Road, Ridge, and Aya Nagar recorded 13.8 mm, 14.2 mm and 52.2 mm rainfall respectively but between 2.30 am till 5.30 a.m. on Monday morning.

Surface temperature fell by 11 notches from 5.40 a.m. till 7 a.m. as it went down from 29 to 18 degrees Celsius after a dust storm and thunderstorm followed by rainfall. By day's end, the minimum temperature recorded was 17.2 degrees Celsius for Safdarjung - the base station for Delhi - nine notches lower than normal. The last time it had recorded such a lower minimum temperature in May was 16.7 degrees Celsius on May 1, 2004 while the all-time record is 15.2 degrees Celsius on May 2, 1982.

Rest of the day, there was barely any rain and it was bright and sunny but pleasant.

Clouds hover over Raisina Hills during stormy rain in Delhi on Monday

"In association with Western Disturbances affecting northwest India, moderate to heavy rain fall accompanied with strong gusty winds of the order of 80 kmph occurred over Delhi NCR in the morning hours .This led to this lower minimum temperature," the IMD said. Maximum temperature hovered around 28.6-31.6 degrees Celsius across Delhi-NCR with Safdarjung recording 31.5 degrees Celsius, with a negative departure of eight notches.

Another spell of rain thundershowers, accompanied with strong gusty winds (50-60 kmph), is very likely to occur over Delhi-NCR during the night, the IMD forecast warned adding, that the same weather will also prevail over Punjab, Haryana, north Rajasthan, and west Uttar Pradesh during next 8-10 hours with hailstorm likely over the same region. **– IANS**

PM Modi all praise for Japanese contribution to India's growth story

#Tokyo

Seeking greater investments in India, Prime Minister Narendra Modi on Monday proposed celebrating Japan's contribution to the country's development journey in the form of a 'Japan Week'.

Modi chaired a roundtable with Japanese business leaders here in which top executives and CEOs of 34 Japanese companies participated. The majority of these companies have investments and operations in India. The companies represented diverse sectors, including automobiles, electronics, semiconductors, steel, technology, trading and banking and finance, an official statement said.

"Met top business CEOs and highlighted the numerous investment opportunities in India," the Prime Minister said in a tweet.

Stressing that India and Japan are natural partners, the Prime Minister lauded the business community as brand ambassadors of the immense potential of India-Japan ties.

The Prime Minister recalled that during the visit of Japanese Prime Minister Kishida to India in March 2022, both countries had set an ambitious target of investment of Japanese Yen 5 trillion over the next five years.

Narendra Modi interacts with the Indian community in Tokyo on Monday

He highlighted recent developments in economic ties, such as India-Japan Industrial Competitiveness Partnership (IJICP) and Clean Energy Partnership, among others.

He talked about initiatives such National Infrastructure Pipeline (NIP), Production Linked Incentive (PLI) scheme, and semiconductor policy and highlighted the robust startup ecosystem of India.

The Prime Minister noted that despite the slowdown in global FDI, India has attracted a record FDI of USD 84 billion in the previous financial year. He termed this a vote of confidence in India's economic potential. **– PTI**

Sidhu taken to hospital from jail for medical tests

#Chandigarh

Congress leader Navjot Singh Sidhu, serving a year-long sentence in a Patiala jail in a 1988 road rage case involving a man's death, was on Monday taken to a hospital there under heavy security for medical tests, official sources said.

Sidhu was taken to Rajindra Hospital in Patiala following his request for a special diet in the jail owing to his health conditions, his counsel HPS Verma said. Verma said a board of doctors carried out a detailed medical examination of Sidhu at the hospital. "The board of doctors will see what special diet is required and then it will submit its report to a local court (in Patiala)," Verma told PTI over the phone. According to the counsel, Sidhu cannot consume wheat, sugar, 'maida' and some other food items. "He can have berries, papaya, guava, double-toned milk and food items which do not have fibre and carbohydrates," Verma said. The 58-year-old Congress leader suffers from medical conditions like embolism and has a liver ailment.

In 2015, Sidhu had also undergone treatment for acute deep vein thrombosis (DVT) at a hospital in Delhi. DVT is caused by a blood clot in a deep vein which hinders the normal blood flow.

Several supporters of the cricket-turned-politician reached Rajindra Hospital after Sidhu was brought there. **– PTI**

Mfine lays off 500 employees

#Bengaluru

Digital health platform Mfine has laid off around 500 employees, people in the know said, becoming the latest to cut jobs as startups struggle to raise funds. The job cut accounts for about half the workforce at the Bengaluru-based company that had been hiring employees until last month, according to media reports.

Mfine is the ninth company in the startup space to lay off employees since April. It has let go of employees in data science, engineering and product departments.

Business media website Inc42 was the first to report about the layoff. Cofounders Ajit Narayanan did not respond to ET's request for comment. ET reported on May 19 that used-car platform Cars24 had laid off more than 600 of its employees. Over the past few weeks, close to 3,000 contractual and full-time employees have been fired from Cars24, edtech firms Unacademy and Vedantu, social commerce startups Meesho and Trell, online learning platform Lido Learning and furniture rental startup Furlenco. **– ET Times**

Pension rules for missing central govt employees relaxed

#New Delhi

In a major relief, the Centre on Monday relaxed family pension rules for missing central government employees, particularly those serving in militancy affected areas like Jammu and Kashmir, North-East as well as Naxal prone pockets.

As per the new Office Memorandum (OM), in all cases where a Government servant covered by National Pension System (NPS) goes missing during service, the benefits of the family pension will be immediately paid to the family of the employee and in case he re-appears and resumes service, the amount paid as family pension during the intervening time of his missing period can be accordingly deducted from his salary.

According to the earlier rule, the next of kin of an employee would not receive the family pension, if he went missing and the family pension would not be paid till he was declared dead in accordance with the law or till seven years had passed since he went missing.

File photo of people waiting in a queue to collect their pensions in Mysuru, Karnataka

Union Minister Jitendra Singh made the announcement today.

Referring to the new OM of the Department of Pension in this regard, the Minister said, this is going to provide huge relief, particularly in those regions where instances of government employees going missing are reported more frequently.

The changes in the pension rules were brought about following cases of abduction of central government employees working in violence-prone areas, said the Minister. **— ANI**

HEALTH TIP: Pumpkin seeds are a natural source of tryptophan, an amino acid that promotes sleep

Lavender oil is known for speeding up hair growth. It has properties that help in the generation of cells and the reduction of stress

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TEAR-JERKER

Why do we get teary when we're tired or sick?

It's been a big week and you feel exhausted, and suddenly you find yourself crying at a nice nappy commercial. Or maybe you are struck with a cold or the coronavirus and the fact your partner used up all the milk just makes you want to weep.

You may indeed feel sad about being sick or tired, but why the tears? Why can't you hold things together?

Tears serve multiple psychological functions. Tears act as a physical indicator of our inner emotional state, occurring when we feel intense sadness or intense joy.

Inside our brains, strong emotions activate the central autonomic network. This network is made up of two parts: the sympathetic system (which activates our "fight or flight" response when we perceive danger) and the parasympathetic nervous system, which restores the body to a state of calm.

Strong emotions activate the sympathetic part of this system, but when we cry, the parasympathetic part is activated, making us feel better.

What happens when we're stressed or tired?

We are trained from a young age to control our emotions, with socially sanctioned times to express emotion, refraining from physical displays of negative emotion. For example, crying during a sad movie is fine, but crying at work is usually seen as less acceptable.

The prefrontal cortex, or the cool, thinking part of our brain, responds to the emotional signals released by the central autonomic network, helping us regulate the emotional response to deal with our emotions in controlled ways. The prefrontal cortex is like the main processor of your computer, managing tasks to keep the system functioning well.

Unfortunately, the more stressed and tired we are, or if we experience extended periods of physical or emotional pain, the sympathetic system remains activated. The prefrontal cortex becomes overwhelmed, like a computer that has too many programs running all at once.

The brain becomes less able to regulate our emotions in the expected ways, resulting in visible emotional responses, such as tears or angry outbursts. We might not even realise how overwhelmed we are until tears are running down our face after a seemingly minor incident or experience.

Some people are more likely to cry than others. Women tend to cry more than men, though the extent to which this is due to biological aspects versus expectations of society is unclear.

People who score high on the personality traits of empathy or neuroticism are more likely to cry more often. Excessive crying can also be a physical indication of depression, as the brain is overwhelmed with emotional pain.

What's the point of tears?

Beyond psychological reasons, tears play several social roles. Even as our society might disapprove of strong expressions of emotions, tears actually help to create and sustain social bonds.

Tears can act as a cry for help, visibly showing others we are not OK and need support. Tears often generate feelings of sympathy in others, helping us connect with them. Tears can also occur when we feel deep sympathy for another person, crying along with them, which further strengthens social bonds.

Beyond psychological and social reasons, there are also physical reasons for tears. For instance, when we are tired, we work hard to keep our eyes open, which dries out the eyes. Our bodies produce tears to counteract the dryness, keeping the eyes moist so we can see clearly.

Watery eyes are also common in respiratory illnesses such as cold, flu, and the coronavirus. When we have an infection in the body, white blood cells are mobilised to fight the bug. These extra white blood cells can inflame the blood vessels in the eye, which causes the eye ducts to clog, bringing tears.

Tears are a natural part of human functioning. Especially with the pressures the past few years have brought, sometimes there's nothing better than a good cry to relieve overwhelming emotions. But if you find yourself excessively crying, it might be helpful to talk to your doctor about possible physical or psychological causes.

(By Peggy Kern, The University of Melbourne for The Conversation via PTI)

MIRRORLIGHTS

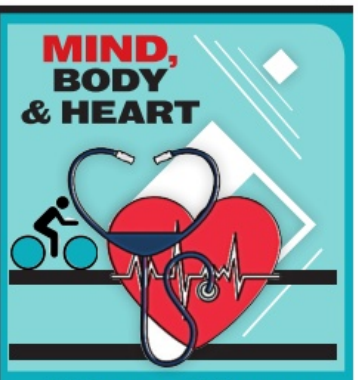
Fatal heart rhythm disorder linked to air-pollution: Study

Arrhythmias are life-threatening and occur very commonly on days with highly polluted air (ESC), according to new research by the scientific congress of the European Society of Cardiology.

The study was carried out on patients who had an implantable cardioverter-defibrillator (ICD), allowing the researchers to track the occurrence of arrhythmias and the delivery of life-saving therapy."Our study suggests that people at high risk of ventricular arrhythmias, such as those with an ICD, should check daily pollution levels," said study author Dr Alessia Zanni, now working at Maggiore Hospital, Bologna and previously at Piacenza Hospital, Italy.

"When particular matter (PM) 2.5 and PM 10 concentrations are high (above 35 mg/m3 and 50 mg/m3, respectively), it would be sensible to stay indoors as much as possible and wear an N95 mask outside, particularly in areas of heavy traffic. An air purifier can be used at home."Outdoor air pollution kills an estimated 4.2 million people every year, according to the World Health Organization. Nearly one in five cardiovascular disease deaths are due to dirty air, which was ranked the fourth-highest risk factor for mortality after high blood pressure, tobacco use and poor diet.

This study investigated the relationship between air pollution and ventricular arrhythmias in Piacenza, Northern Italy. The European Environment Agency graded the city 307 worst out of 323 cities for annual mean PM2.5 concentrations in 2019 and 2020, with a figure of 20.8 mg/m3. — ANI



All problems solved

Dear Coleen

I split with my husband six months ago. We're both 36 and have a three-year-old son together.
At the time, he was spending a lot of time away from home, making excuses that he had to work late. I should have worked out something was going on, but I guess I was naive, plus I trusted him and was focused on being a mum.
One weekend, he told me he wanted to leave, that he'd been unhappy for a while and trotted out the old cliché of "it's not you, it's me".
He moved out and I've been trying to rebuild my life and make sense of it all. Then a couple of weeks ago, I found out he'd been seeing a colleague and that they'd moved in together, and now it all makes sense.
I feel so angry I fell for his lies.
He'd clearly been having an affair and it wrecked our marriage. I don't know how to deal with it. Please help.

COLEEN SAYS

This is a blow and I understand why you feel betrayed and angry. But, actually, it doesn't really change anything.
Yes, you have a reason for the split now, but I think you should use the anger you feel to make you even more determined to keep moving forward. You've found out he's a liar and a cheat, so good luck to the other woman!
He took the coward's way out by not being honest with you or giving you the opportunity to talk about your relationship and have a say. But you now know what kind of person he is.
You could talk to him, but I think it would be more positive and helpful to talk to your friends or even a counsellor. Vent to them.
And remember, even though the marriage ended like this, something brilliant came out of it - your son.

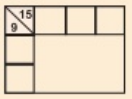
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

What is the sixth number in this sequence?
5, 25, 125, 625, _, 15625, 78125, 390625.

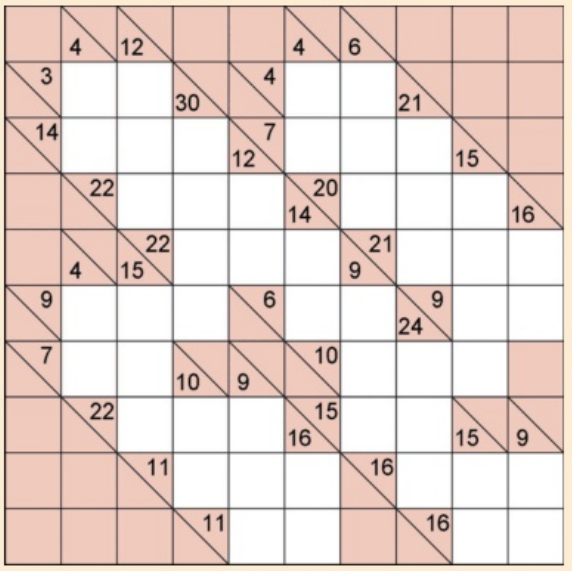
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

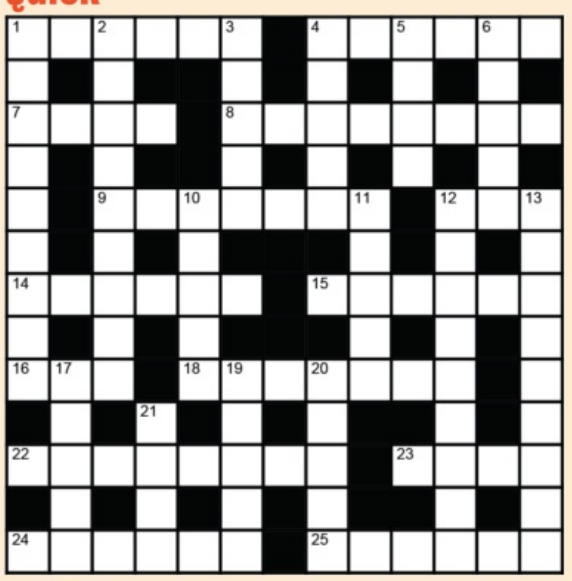


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 ____ Lake: Picnic spot north east of the city. (6)
4 Conceit (6)
7 Taunts (informal) (4)
8 Popular social networking site (8)
9 Attendant in a military hospital (7)
12 To explore secretly (3)
14 Bird house (6)
15 Proves to be false (6)
16 Period of history (3)
18 Surrendered (7)
22 Assisting the memory (8)
23 Dry; barren (4)
24 Note or message (6)
25 Noon (6)

DOWN

1 Conduct funerals (9)
2 Italian miss (9)
3 Firearm (5)
4 Outspoken (5)
5 Seizes suddenly (4)
6 Body of soldiers (5)
10 Soiled or foul (5)
11 Admit defeat (5)
12 Trembled, shivered (9)
13 The day before? (9)
17 Firing distance (5)
19 Not external (5)
20 Temporary substitute, especially for a doctor (5)
21 Send out (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS U
C BKXZVNG WH C RQCSRN AXK UXP IX JX UXPK ZNHI.

Linemaro

Being without you is like being afflicted with the Cruciatus Curse

Mindchow

A genius is one who shoots at something no one else can see – and hits it

Joke of the day

A boy sees what looks like a bear sitting next to him at the movies. He asks: "Are you a bear?" "Yes" "What are you doing at the movies?" "Well, I liked the book!"

Loop

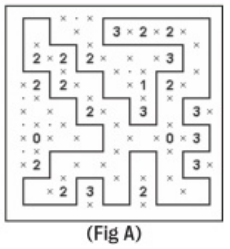
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

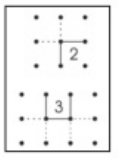
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

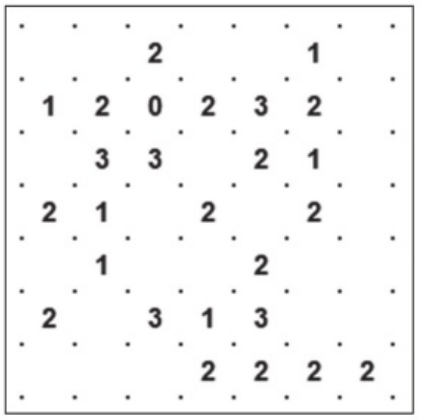
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



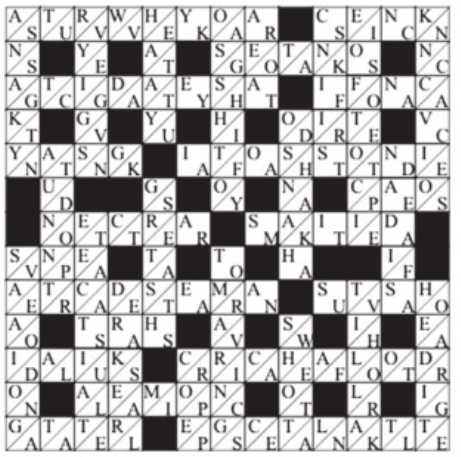
(Fig A)



(Fig B) Not Allowed



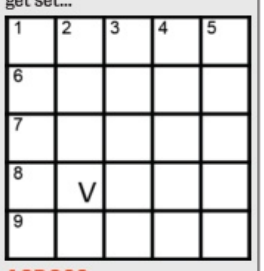
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 GN Aug; 6 Arian; 7 Meeds; 8 Suave; 9 By Ill

DOWN

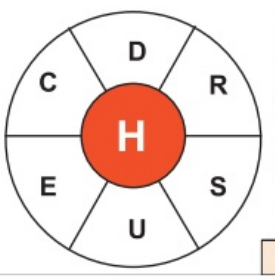
1 Bundu; 2 Eva in; 3 I'm leg; 4 A rale; 5 Say GS

Mensapuzzle

What two terms complete this series?

A 1 D 4 H 8 M 13 _ _

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; **08** Good; **10** Outstanding

SudokuChallenge

		7		6		8		
5		8	9		4	3		1
7	3		6		1		4	2
	8						7	
6	2		7		5		8	3
4		3	2		8	6		9
		1		9		7		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

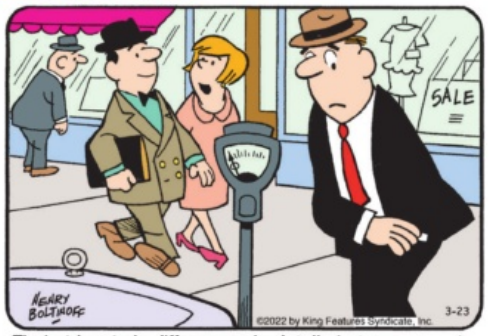
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 8
3 3 5 7

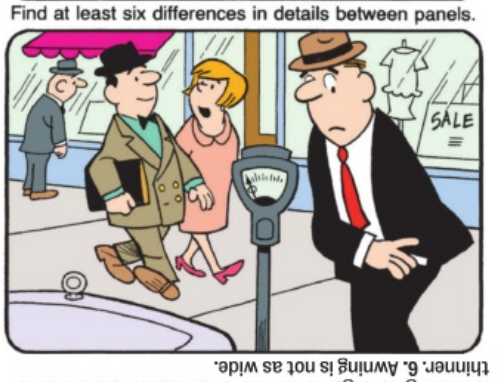
Medium = 20
3 5 8 9

Hard = 8
2 5 6 2

Hocusfocus



Find at least six differences in details between panels.



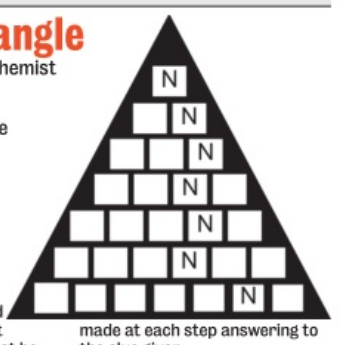
Differences: 1. Meter is moved. **2.** Tag on dress in window is missing. **3.** Finger is moved. **4.** Foot is moved. **5.** Man is thinner. **6.** Awning is not as wide.

Riddler

What 5 chemical elements make chocolate?

Alpha triangle

1 Nitrogen for the chemist
2 Not off
3 Trick
4 Geometrical shape
5 Hag
6 Trumpet's kin
7 Narrate



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

©2022 BIZARRO STUDIOS
Wayno & Piraro 3-21-22
Stir his drink with this enchanted device to turn him into a frog.
HEX WRENCH
BIZARRO.COM

Diamond Lil

I THINK I'LL GO OUT TO EAT!!
WHY ON EARTH WOULD YOU GROUT YOUR FEET?!!
©2022 creators.com 3/21
www.creators.com
Have you changed your hearing aid batteries lately?
A message from the Council On Doing That

Hart of the city

WHY IS MASCARA SO HARD?!
I'M SO BAD AT THIS. WHERE DID I GO WRONG?
I THINK YOU'RE DOING GREAT! BUT LET ME HELP.
AAAAAUUUUUUGGGGGHHHH
MEET YOUR NEW BEST FRIEND.
THROW AWAY

Crankshaft

IF OUR TEAM MAKES IT TO THE BUS DRIVERS BOWLING LEAGUE CHAMPIONSHIP...
WE SHOULD AUTOMATICALLY GET A PERSONAL DAY BEFORE THE MATCH TO REST UP!
OR WE'LL THROW A STRIKE!
3-17
BATIUK & DAVIS

Mutts

3-28

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you will be blessed by the moon; new sources of income are likely to open. Your past investments will now start paying in terms of profits. Your losses will convert into profits which will boost your financial health. Health issues related to parents may be resolved.

Taurus Apr 21 – May 20
Today, you may implement your business plans with the help of your strong network. You may get a big order with the help of wisdom. There may be good understanding between you and spouse, which may increase harmony in your domestic life. Lovebirds may enjoy their happy moments.

Gemini May 21 – Jun 21
Today, last day's messy situation will now be under control. You will be blessed by the moon. You may initiate your postponed work. With blessings, you may get reward for your hard work. There will be some gains in your business which may boost your finances. You may spend money on artefacts or literature. You may also plan for an overseas trip.

Cancer Jun 22 – July 23
Today, you may not feel well; you might have health issues which may affect your profession and domestic life. You are likely to be upset due to spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects, otherwise you may face losses. Students are advised to avoid fantasies and work hard in their studies.

Leo Jul 24 – Aug 23
Today, you will be blessed by the moon; you may be able to take quick decisions on the professional front. You may expect to get new opportunities in terms of business which may boost your confidence level. You are likely to start some new innovation with the help of your partner which may increase your business in the near future.

Virgo Aug 24 – Sep 23
Today, you will be blessed by the moon; you may perform well at work; you may expect some promotions or transfer in terms of gains. You may also plan to change your current job. Your relations with the boss may be boosted now. Chronic health issues will be resolved now which may make your family happy.

Libra Sep 24 – Oct 22
Today, things will be under control; you will enjoy your work; your focus will be good which will reflect into your way of working. Your wisdom will help you to move ahead in taking difficult decisions in terms of profession. Your previous investments will start paying off now.

Scorpio Oct 23 – Nov 22
Today, you may face disappointment with the current position at work or home. You may not enjoy any moment. You may spend your hard-earned money in buying some worthless stuff which may affect your savings. You are likely to plan migrating from the current place. You are advised to take care of your parents' health.

Sagittarius Nov 23 – Dec 22
Today, you may take decisions very fast, which may give benefits in day-to-day life. You may take some difficult decisions with the help of your colleagues; you are likely to get success easily. Property related disputes between siblings may likely to be resolved. You may also expect some short trips.

Capricorn Dec 23 – Jan 20
Today, you advised to control your straightforwardness, your loose talking may affect people around you. you may spend your hard-earned money in buying some worthless stuff. Your mind is likely to work very fast; it is advised to take important decisions with patience.

Aquarius Jan 21 – Feb 19
Today, you will be blessed by moon; last couple of days' disappointment may now convert into happiness. You may enjoy professional and personal life; your network may help you to complete your postponed projects. You are likely to start some new venture with the help of your siblings and your network may support you in every step.

Pisces Feb 20 – Mar 20
Today, you may feel negativity around you. You may feel impatient. Focus towards goals is likely to be lost. Your grip on your projects is likely to be slow which may be a reason for loss in the business or work. You may also face some detachments from your responsibilities which may affect your day-to-day routine.

KIDZONE

Gagana Nani J, 10 Years, N.E.T. Public School

Harshitha Puranik N G, 12 Years, Prarthana School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
The sixth number is 15625 that is 5 times 3125, the fifth one

RIDDLER
Carbon (C), Holmium (Ho), Cobalt (Co), Lanthanum (La), Tellurium (Te) Together they make chocolate (C Ho Co La Te)

QUOTE UNCODE
A problem is a chance for you to do your best.

BULL'S EYE
crush, usher CRUSHED, herd, hued, rush, rushed, shed, shred, such,

FAST FIVE

U	N	G	A	G
U	V	E	A	S
D	E	M	E	S
N	A	I	R	A
B	I	L	L	Y

STRIKE OUT

G	A	E	L	■	E	S	C	A	L	A	T	E	■	■
O	■	L	E	M	O	N	■	O	■	R	■	G	■	■
D	A	I	S	■	R	I	C	H	F	O	O	D	■	■
A	■	T	A	S	■	A	■	W	■	H	■	E	■	■
E	T	C	E	T	E	R	A	■	U	T	A	H	■	■
S	P	A	■	A	■	T	■	A	■	I	■	■	■	■
■	D	■	S	■	Y	■	A	■	P	A	S	■	■	■
O	T	T	E	R	■	S	K	I	E	D	■	■	■	■
Y	A	N	G	■	A	F	A	S	T	O	N	E	■	■
A	C	I	D	T	E	S	T	■	I	O	N	A	■	■
N	■	T	■	S	O	A	K	S	■	■	■	N	■	■
K	G	■	U	■	I	■	O	R	T	■	V	■	■	■
D	I	G	S	■	F	A	C	E	B	O	O	K	■	■
N	■	I	■	I	■	O	■	A	■	R	■	■	■	■
E	■	N	■	L	■	A	■	S	■	O	■	■	■	■
R	■	O	R	D	E	R	L	Y	■	S	P	Y	■	■
T	■	R	■	I	■	■	■	H	■	E	■	■	■	■
A	V	I	A	R	Y	■	R	E	B	U	T	S	■	■
K	■	N	■	T	■	■	■	L	■	D	■	T	■	■
E	R	A	■	Y	I	E	L	D	E	D	■	E	■	■
■	■	A	■	E	■	N	■	O	■	E	■	R	■	■
M	E	M	O	N	I	C	■	A	R	I	D	■	■	■
■	■	G	■	I	■	U	■	E	■	■	■	A	■	■
L	E	T	T	E	R	■	M	I	D	D	A	Y	■	■

QUICK

U	L	S	O	O	R	■	V	A	N	I	T	Y	■	■
N	■	I	■	I	■	O	■	A	■	R	■	■	■	■
E	■	N	■	L	■	A	■	S	■	O	■	■	■	■
D	I	G	S	■	F	A	C	E	B	O	O	K	■	■
N	■	I	■	I	■	O	■	A	■	R	■	■	■	■
E	■	N	■	L	■	A	■	S	■	O	■	■	■	■
R	■	O	R	D	E	R	L	Y	■	S	P	Y	■	■
T	■	R	■	I	■	■	■	H	■	E	■	■	■	■
A	V	I	A	R	Y	■	R	E	B	U	T	S	■	■
K	■	N	■	T	■	■	■	L	■	D	■	T	■	■
E	R	A	■	Y	I	E	L	D	E	D	■	E	■	■
■	■	A	■	E	■	N	■	O	■	E	■	R	■	■
M	E	M	O	N	I	C	■	A	R	I	D	■	■	■
■	■	G	■	I	■	U	■	E	■	■	■	A	■	■
L	E	T	T	E	R	■	M	I	D	D	A	Y	■	■

MENSA PUZZLE
S 19. There are two separate series. The letters advance missing first two (A to D), then three (D to H) and so on. After M there must be five missing letters, bringing us to S. The numbers advance in the same way.

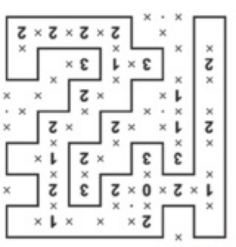
SUDOKU

3	4	7	1	6	2	8	9	5
5	6	8	9	7	4	3	2	1
9	1	2	8	5	3	4	6	7
7	3	5	6	8	1	9	4	2
1	8	4	3	2	9	5	7	6
6	2	9	7	4	5	1	8	3
8	9	6	5	3	7	2	1	4
4	7	3	2	1	8	6	5	9
2	5	1	4	9	6	7	3	8

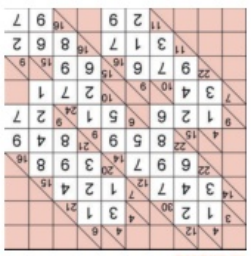
ALPHA TRIANGLE
N, On, Con, Cone, Crone, Cornet, Recount.

GO FIGURE
Easy
3 – 5 + 3 + 7 = 8
Medium
3 – 8 + 9 x 5 = 20
Hard
5 x 2 + 6 / 2 = 8

LOOP



KAKURO



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Nargis at Cannes
For her red carpet appearance at the Cannes Film Festival, Nargis Fakhri decked up in an exquisite peach gown which came with a halter neck and dazzling embellishments

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Entrepreneur Kriti

Actor Kriti Sanon, who started her Bollywood journey with 'Heropanti', has clocked eight years in the Hindi film industry. On the occasion, the actor made an announcement about embarking upon a new journey as an entrepreneur.

Kriti will soon be launching a fitness app after discovering her passion for fitness during the filming of her project, 'Mimi' where she had to undergo a physical transformation in order to look the part of a pregnant woman.

The actor took to her Instagram as she shared a picture with her team. She wrote in the caption, "They say Your Vibe Attracts Your Tribe. I have always been someone who believes in pushing people I truly believe in and today stands for exactly that."

She continued in her caption, "8 years ago, I started my journey as an actor in the hindi film industry with the help of people who believed in me and gave me wings to fly! Today, 8 yrs later, exactly on the same day, I am thrilled to announce my journey as an Entrepreneur."

Sharing how fitness became a major part of her lifestyle and how it opened up new avenues for her, Kriti wrote, "I discovered my personal fitness journey post MIMI when I had to shed the 15 kilos I had put on for the film and we hit a lockdown where gyms were shut."

Meanwhile, on the work front, Kriti has a string of upcoming big ticket releases like 'Ganapath', 'Adipurush', 'Bhediya', 'Shehzada' and Anurag Kashyap's unannounced next which gave an impression of it being the Indian remake of Quentin Tarantino's iconic film 'Kill Bill'. However, Kriti had later clarified as she told the media that the film is not a remake as Anurag Kashyap is not really in favour of mounting and directing a remake.

Hug and make up

And just when you thought it was all over between Kiara Advani and Sidharth Malhotra, here comes the news- that the two have mended their differences and got back together as a couple.

A source close to Sidharth and Kiara tells ETimes, "It all happened when Kiara called up Sidharth to invite him for the screening of 'Bhool Bhulaiyaa 2'." The video of Sidharth hugging Kiara in the snacks lobby went viral post that, but what was still being felt to their common friends is that they are being cordial just for the cameras, and besides, even otherwise when the break-up had happened, they had never lashed out at each other.

Going back to the call, our source says that the two got quite emotional on the phone and decided to get back together. "They can't stay without each other; they realised that it was a mistake and they'd been rather impulsive to say to each other that they're closing the chapters on their love scene. The call was quite emotional. The rest, as they say, is history." —ETimes

Sunny on a brand bias shadow

'Makeup brands do not want me to endorse product'

Sunny Leone has slowly but gradually created a space for herself in Bollywood with her sheer hard work and dedication. The actor also commands a huge fan following across the nation.

Despite being popular, Sunny revealed that makeup brands in India do not want her to endorse their products and that hurts. She also added that clothing brands do not give clothes to wear at an event because she is reportedly not big enough for them. Owing to all this, Sunny created her own makeup and clothing line, she said in an interview with a news portal.

Elaborating further, Sunny also spoke about turning down projects she didn't wish to be a part of. According to her, when you say yes or no to a film, it is not just the film but a lot of other things. The actress also revealed that she has been rejected for certain projects that she wished to be a part of.

Sunny, who is happily married to Daniel Weber, is a doting mother to three kids – Nisha, Asher and Noah. The actress often shares pictures and videos of herself and her little family with her fans and they just cannot have enough of the actor.

Meanwhile, on the work front, she was last seen in the web series, 'Anamika'. —ETimes